

Special Issue

Nutrition Status, Diet Quality and Well-Being in Vegetarians, Vegans and Omnivores

Message from the Guest Editors

Vegetarianism is used to categorise a large group of individuals that exclude meat from their diets. In recent decades, the number of individuals following this diet has risen worldwide. With the increasing popularity of vegetarianism and plant-based diets, the heterogeneity of people following this diet also increases. There are numerous reasons why people follow plant-based diets. In this context, are vegetarians a homogeneous group? How are vegetarians' nutritional status and diet quality compared to omnivores? Are there variations among different types of vegetarians? Do vegetarians have better well-being compared with people eating other types of diets?

We hope these and other important questions can be answered in this Special Issue, which will include manuscripts focusing on nutrition, diet quality, dietary patterns, and/or well-being in observational and experimental studies carried out during any life stage. Ultimately, we hope the content will be useful for clinical practitioners and inspire further innovative research.

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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